

The 10 Second Shift

Pages: 134

Publisher: Sunbury Press, Inc. (May 1, 2016)

Format: pdf, epub

Language: English

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"The 10-Second Shift" will ask you—either man or woman—to change the way you perform a routine, hygienic function, one that you already partake in just by the simple nature of being a human; you will just need to step out of the box like I did and learn a new twist on the procedure—one that will take about 10 seconds to complete. Can you be open to that? Of course you can!

I walk around every, single day with an amazing feeling emanating from inside my body. It hasn't always been that way. As a matter of fact, I was just like the rest of our population, so what did I know? Not much, I'll admit. At least until I discovered the amazingly magic feeling that comes from having an emptied and evacuated colon. That's right, I'll say that again for you but in a different way: there is no better feeling that we as human beings can experience, at least in my opinion, than the sense of well-being that comes from successfully evacuating your colon—totally, completely, and on a regular basis. It is the most wonderful sensation, hard to describe actually, other than to say that feeling is believing, and you'll just have to experience it for yourself to get a full understanding. In "The 10-Second Shift," I am going to share with you the secret I have discovered, so you can capture that magic feeling for yourself, and immediately begin to improve your quality of life just like I did.

This "magic feeling" is one of life's best kept secrets!

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